

What is Nest Collaborative?

Nest Collaborative is the leading platform for virtual lactation consultations, led by a group of International Board-Certified Lactation Consultants (IBCLC). Nest IBCLC use video appointments to provide lactation support for prenatal and postpartum families to address lactation questions and concerns including (but not limited to) pain, milk supply, latch, positioning, pumping/storage concerns, and return-to-work planning.

What is a lactation consultant and why someone might need lactation support?

A lactation consultant provides breastfeeding education and clinical support to new and expecting parents. Prenatal appointments are appropriate to help a mother prepare for breastfeeding and to set them up for success. Any postpartum parent can benefit from a lactation consultant because every baby is different, and your breastfeeding journey with your second, or third baby may be different than with your first child.

Why opt for a video appointment, for lactation support?

There are a variety of reasons new parents and parents-to-be might prefer to have a consultation over video. First, these appointments can be taken from your home without the need to travel. This can be an appealing option for parents who have just delivered a baby and are unable to independently travel to office appointments, especially since some lactation issues can require multiple follow up visits. This service also helps parents who may have driving restrictions after C-section, who may not have easy access to transportation, or have other children at home who need childcare. And some people may have issues, especially now with COVID, with new people coming into their homes, so they may not want a consultant coming for a home appointment.

How can I sign up/schedule an appointment with Nest Collaborative?

You can schedule an appointment online, directly through our [website](#) by selecting your preferred lactation consultant, date, and time. Provide your insurance information to Nest Collaborative and we will verify your insurance and then send an email confirmation and an invitation to complete your registration.

What is the process of a typical virtual lactation appointment, how long is the appointment, and what can be discussed?

Because you will likely be hands-on with your baby during the visit, Nest recommends finding a comfortable location with good lighting and a reliable Wi-Fi connection. A tablet or a computer is preferable for the appointment (so you don't have to hold it) but if you only have a phone that's okay!

Nest Collaborative appointments usually last 50 minutes, and your questions and concerns are the most important part of the consultation--so it is recommended to come with a list if you have one! Nest consultants can help answer any questions you have, from latching and positioning, to milk supply, to transitions like teething, returning to work, and even weaning (when you and baby are ready).

Is this service covered by insurance?

Yes, most commercial health plans cover lactation visits with no copay, no deductible and no out-of-pocket costs. This is provided under state and federal (ACA) mandates. Nest Collaborative will reach out to you prior to your appointment if there are any concerns about insurance coverage.